



Carlisle Connection

December 2011



Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

COA Official Town website:

<http://www.carlislema.gov>

Friends of COA: <http://www.carlisle.org/foccoa>

From the Director's Desk

As we move into the winter, we at the COA have been working to help prepare Carlisle seniors for the colder weather, possible power outages, and difficult driving conditions. Below are some services we provide to assist with these challenges.

Special Needs Registry - If you live alone, are a resident with special needs, or feel vulnerable in case of a local emergency/disaster situation, you can register with either the Fire Department or the Council on Aging using the Special Needs Resident form, and you will receive a call and/or a home wellness visit from the police. This is a confidential service.

Blackboard Connect is the service that delivers updates to your phone in case of emergency. You should consider registering your cell number or other contact in case the phone lines go down. Go to the Town's web site, www.carlislema.gov to register or come to the COA office, and we will help you.

Transportation Services - If Carlisle Public Schools are closed due to inclement weather, we do not provide transportation services, but please check out our Transportation page (3) for how we can assist you.

Fuel Assistance - Need some help with your fuel bills? The guidelines for assistance are as follows: LIHEAP (Federal/State Program): household of one **gross** annual income of up to \$31,218; household of two up to \$40,824; household of three up to \$50,429; household of four up to \$60,035 (for larger families call for additional info). Help is also available from the Salvation Army Good Neighbor Fund for folks with gross annual income for family of one \$31,218-\$41,624; household of two \$40,824 to \$54,432, household of three \$50,429 to \$67,239 and household of four \$60,035 to \$80,047. Fuel assistance is open to all families. Additional support may also be available from other sources depending on other criteria. Please contact the Council on Aging at 978-371-2895 to set up a confidential appointment or to acquire more details. Please apply as early as possible since funds are limited.

Be well, Debi

COA ANNUAL HOLIDAY DINNER

Thursday, December 15, at 11:45am at FRS Union Hall

This is a popular luncheon so sign up as soon as you can. A delicious ham dinner will be followed by Carlisle's own Middle School Concert Band students, directed by Kevin Maier. We will hear select members of the Concert Band perform musical selections of different genres. Come hear these amazing young performers! Also, Santa "Nick" Lunig will be visiting and passing out goodies! Call the COA ASAP to register at (978) 371-2895, but no later than December 8 at noon. Please note: Carlisle residents have preference. For a ride, call the Van Line at (978) 371-6690 at least two days in advance. **Suggested donation:** \$3.

CARLISLE COA OFFICE HOURS

**Monday - Friday
9:00am - 3:00pm**

**(978) 371-2895 Office
(978) 371-6690 Van line**

COA Staff

Debi Siriani	Director
dsiriani@carlisle.mec.edu	(978)371-6693
Angela Smith	Outreach Coordinator
asmith@carlisle.mec.edu	(978)371-2895
Carol Killpartrick	Transportation Coord.
	(978)371-6690
Bonnie Hansen	Administration
Peter Cullinane	LICSW

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DECEMBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Coffee -9, BP 9:15a Fitness - 9:45a Cardio - 10:45a	2 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	3
4	5 Inside Walking Grp- 6:45a Weekdays Yoga - 9a & 10:15a Poetry - 10a	6 Wrentham - 9:30a Fitness - 9:45a Cardio - 10:45a Comm. Conv- Someone w/ Alzheimer's - 11a Ballroom - 2p	7 Minuteman/Robbins Brook Lunch - 12p	8 Men's Breakfast - 8a BP - 8a Fitness - 9:45a Cardio - 10:45a Wreath Making - 10:30a	9 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	10
11	12 Inside Walking Grp - 6:45a Weekdays Yoga - 9a & 10:15a Senior Moments - 9:30a - 11a	13 Fitness - 9:45a Cardio - 10:45a Minuteman HS Lunch - 11:30a Ballroom - 2p Caroling - 2p	14 Book Club - 10a	15 Fitness - 9:45a Cardio - 10:45a BP - 11a - 11:45a COA Lunch - 11:45a at FRS School concert - 12:45p Tap - 3p	16 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Martial Arts - 10:45a	17
18	19 Inside Walking Grp- 6:45a Weekdays Yoga - 9a & 10:15a Senior Moments - 9:30a - 11a BP - 9:30a	20 Fitness - 9:45a Cardio - 10:45a Ballroom - 2p	21	22 Fitness - 9:45a Cardio - 10:45a Tap - 3p	23 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a	24
25 Comm. Holiday Dinner - FRS - 4pm	26 No inside walking this week. HOLIDAY Town Hall Closed	27 Fitness - 9:45a Cardio - 10:45a	28	29 Fitness - 9:45a Cardio - 10:45a Tap - 3p	30 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a	31



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TRANSPORTATION / TRIPS

The COA transportation services are available to all senior residents and disabled residents. Transportation is available for all COA events.

Van Line Reservations: (978)-371-6690;
Weather Info/Cancellations: (978)-371-2895



Our **FEES** are as follows:

In-town rides or Friday grocery trips- no fee

Rides within 15 miles- \$2.

Van Trips over 15 miles away- \$5.

*Parking fees are the responsibility of the rider.

Medical appointments: Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency care.

Local grocery /Shopping trips: We go to Market Basket in Westford on Friday mornings at 9am. Please call the van line in advance to make reservations.



WRENTHAM PREMIUM OUTLETS - Tuesday, December 6

Pickup from Congregational Church at 9:30am. Participating stores offer a 10% senior (50+) discount on Tuesdays! Van fee is \$5 due on the day of the trip. Return home at around 4:00pm. Call (978) 371-6690 by December 1 to register.

Joanne's Travelers

Grand Tour of Spain -

March 19-30, 2012. Price starts at \$2,699 for double includes airfare, hotel, all meals, and sight-seeing. Tours of Malaga, Ronda, Madrid, Barcelona and more...

Trains, Wineries & Treasures of Northern California -

September 23-October 1, 2012, 13 meals.

Double \$2,849. San Francisco, Sonoma, Yosemite National Park, and more...



For flyers or additional info., call Joanne Willens at 978-371-8023 or pick up flyers at Carlisle COA Office in Town Hall.

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FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Thursday, Dec. 1, 9:15–10am** at the Monthly Coffee in the Sleeper Room, Village Court, *sponsored by Life Care Center of Nashoba Valley*. **Thursday, Dec. 8, 8-9am** at the Men's Breakfast at Village Court, *sponsored by Home Instead Senior Care of Chelmsford*. **Thursday, Dec. 15, 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, *sponsored by FCOA & Emerson Hospital Home Care*. **Monday, Dec. 19, 9:30am** at Ferns, *sponsored by Right at Home*.

Podiatry Clinic - Tuesday, January 3 in the Sleeper Room at Village Court. Please call the COA at (978)371-2895 to register. **Cost:** \$20 (discounted fee, partially funded by the Carlisle COA), checks made out to Carlisle COA or cash; payable the day of the clinic.

Inside Walking Group - Monday thru Friday from 6:45-7:30am at the school gym. If school is open, we are walking! A great chance to exercise, this group is very casual, and people walk at their own pace. **Note:** no walking December 26 - 30.

NOTE: To sign up for the next session of the following programs, please call the COA office at (978) 371-2895.

Minimum attendance is required for programs to continue. Stop in and try a class/day for free (except yoga)!
Make check payable to Carlisle COA unless otherwise noted.

FITNESS CLASS - Tuesdays and Thursdays at 9:45am

Clark Room at Town Hall. Instructors: Karrie Mason and Katrina Rotondi. This class is great for all ability levels, and may be done in a chair. Wear comfortable clothes and shoes and bring hand weights.

Fee: \$40 one day; \$60 two days (Dec thru Feb).

CARDIO-BOOST CLASS - Tuesdays (St. Irene) and Thursdays (Cong. Ch) at 10:45am

Instructors: Karrie Mason and Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 one day; \$60 two days (Dec thru Feb).

LINE DANCING - Fridays at 9:30am

Instructor: Katrina Rotondi. Held at the FRS Union Hall. Get your exercise while learning dance steps. Wear comfortable clothing. **Fee:** \$40 (Dec thru Feb).

BALLROOM DANCING - Tuesdays from 2-3pm- Dec. 6, 13, and 20, Jan. 3, 10, 17 (snow date)

at St. Irene Church. For anyone interested in learning ballroom dances such as the waltz, foxtrot, rumba, cha cha, mambo and meringue. Wear leather-soled shoes. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Call the COA at 978-371-2895 to register.

YOGA - Mondays at 9am and 10:15am - Session II: (Nov 7 – Dec 19) Session III: (Jan 2 – Feb 27)

Fee: \$105 (for 7 weeks), \$89 for Carlisle seniors after a 15% discount from the COA. Call the Rec. Dept. @ 978-369-9815 to register.

INTERGENERATIONAL TAP - Thursdays at 3pm - December 15, 22 and 29, January 5, 12, 19 and 26, February 2, 9, 16 and 23. This exciting class is a fun way to exercise and enjoy yourself. For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40 next session.

MARTIAL ARTS – Fridays at 10:45am - December 9, 16, January 6, 13, 20, 27 and February 3, 10,

17 at Town Hall. Class is just for seniors. If you are interested in finding out more, see link below or stop by the class. http://articles.boston.com/2011-04-24/lifestyle/29469526_1_martial-arts-cinder-blocks-hand
Contact the COA at 978-371-2895 for current and future class info. Stop in and see a class!

Fee: \$100 for 10 classes.

Carlisle Community Conversations
All sessions Tuesdays at 11am
Hollis Room at the Gleason Public Library

Tuesday, December 6, 11 am - Emily Tamilio, RN, BSN, Community Relations for Right at Home - "Caring for Someone with Alzheimer's"

Do you care for or interact with someone with Alzheimer's or feel you may at some time in the future? If so, this hour-long session will be a great resource in making your time together as rewarding as possible. Emily Tamilio has been working with seniors for many years both in long term care facilities and within their homes. Her experience and nursing background provide a wealth of knowledge for helping seniors suffering from Alzheimer's and their families. She will discuss the impact of the disease on a person's skills and emotions. She will highlight habilitation therapy, which helps ensure a care giving environment that reduces stress and improves quality of life. She will also review communication approaches, discuss the physical environment and personal care, and answer any questions you may have.

Carlisle Community Read, January 3, 2012 with Martha Patten, Librarian

Carlisle librarians and volunteers will lead a discussion of this year's community-wide read, *"The Immortal Life of Henrietta Lacks by Rebecca Skloot."* Stay tuned for the schedule of book discussions and programs. Henrietta Lacks, known to scientists as HeLa, was a poor black tobacco farmer whose cells - taken without her knowledge in 1951 - became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, in vitro fertilization, and more. This bestseller depicts a collision between ethics, race, and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew. Gather those thoughts and bring questions, as we share reactions to the book. More community read events, sponsored by the Friends of the Gleason Public Library, will be held throughout January. Visit www.gleasonlibrary.org for more information. Copies of *"The Immortal Life of Henrietta Lacks"* are on sale at the library now, or request your copy through the Library's catalog. Downloadable audio and ebooks can be found at <http://mvlc.lib.overdrive.com/>.



Annual Wreath Making - Thursday, December 8 at 10:30am

The Carlisle Garden Club, Council on Aging and Friends of the COA will host a holiday wreath making seminar from 10:30am to 11:30am at FRS Union Hall. Come enjoy the company of the Garden Club volunteers, neighbors and friends. Light refreshments will be served. To reserve your space, please call the COA at 978-371-2895, NO LATER THAN DECEMBER 1.

This event is for Carlisle residents only please.

COA Book Club - Wednesday, December 14 at 10am

This month's book choice is *"The Hare with Amber Eyes"* by Edmund deWaal.

Please call Mary Zoll at 978-369-5236 for more information on location and to RSVP.



FOOD COURT



Monthly Coffee - Thursday, December 1 at 9am

Holly Salemy and Carolyn Shohet will be hosting at the Sleeper Room at Village Court. Don't miss it! FREE.

Robbins Brook/Minuteman Senior Services Luncheon – Wednesday, December 7 at noon at the Congregational Church.

Meatloaf with salad, sides and dessert. Suggested donation \$3.

Lunch will be followed by a Piano and Flute ensemble featuring Pastor Steve Weibley and COA volunteer, MJ Cramer

Men's Breakfast - Thursday, December 8 at 8am

Held at the Sleeper Room at Village Court each month, this is a full, hearty breakfast.

Cooked by our wonderful volunteer, Andy Cutter and helpers. Suggested donation: \$3



Caroling and Cookies – Tuesday, December 13 from 2pm

Third grade Brownie Troop 72677 and first grade Daisy Troop 75011 invite all Carlisle Seniors for caroling and cookies at the Sleeper Room at Village Court on Tuesday, December 13 starting at 2:00pm.... All are welcome. Bring a friend!

Minuteman Regional Technical High School Lunch **Tuesday, December 13 at 11:30am**

Baked stuffed shrimp, four jumbo shrimp butterflied and filled with crab and crumb stuffing. Chicken cordon bleu, a traditional French classic. Boneless chicken breast stuffed with ham and cheese and topped with poulet sauce. **Fee:** \$10 plus tip. Please call the COA at (978) 371-2895 to register by Thursday December 8th.



Community Holiday Dinner – Sunday December 25 at 4pm

Coordinated pot luck at Union Hall, First Religious Society, 27 School Street, Carlisle. **Free**, but you must call (978) 369-5236 to register by Thursday, December 22. We need to know the number of people coming (the number of vegetarians and the number of meat-eaters), what you will bring, how you will help (set up, clean up) and your contact information.

January BINGO Donations needed

If you have an item that you would like to donate as a prize for our January Bingo, please contact the COA at (978) 371-2895! We hope to hear from you! Feel free to drop items off at the COA office that would make good prizes for gift baskets such as: books, frames, gift cards, dried fruit, coffee/teas, soups, canned ham/ pineapple, wine, nuts, festive napkins/plates, candles, jam, etc.

****NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the generosity of a grant from Concord-Carlisle Community Chest, the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you.

Attention Veterans!

The Special Habitat for Humanity and Home Depot Foundation Repair Corps Program

is available to veterans who:

- Received an honorable or general discharge (DD214)
- Reside in the Greater Lowell area (includes Carlisle)
- Have an income level that is below the 80% area medium income (one-person household \$44,950; two-person \$51,400, three-person \$57,800; four-person \$64,200; five person \$69,350) **And** require critical home repairs defined as: interior or exterior work performed to alleviate critical health, life, and safety issues, or code violations, including a change to or repair of materials or components; a reconfiguration of space; a modification for accessibility; installation or extension of plumbing; and mechanical or electrical systems on an existing structure.

Please note that repairs must be completed before May 31st, 2012 to be eligible for grant funds.

Material costs are based on a sliding scale from 100% to less, dependent upon income. Labor is free unless an outside contractor is required. There is a limit to total project costs.

If you think you may qualify and have a need, please follow up on this quickly. For more information and an application, contact Habitat for Humanity at 978-692-9040.

Important: Medicare Open Enrollment Dates Have Changed! - Ends Dec. 7th!!!

For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org.



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**This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs
and formatted by a grant from the Concord-Carlisle Community Chest.**

The Friends of the Carlisle Council on Aging are working very hard

to offer our community the best opportunity to give strong financial support to our senior population through the ***ANNUAL FUNDRAISING DRIVE***. Look for their flyer which tells you all about the services, education and events provided for Carlisle's seniors using the money you so generously give. These are difficult times so let's make this the best year ever for our annual giving. Donations, small and large are so very much appreciated! Checks made out and sent to:

**Friends of Carlisle COA
P.O. Box 38
Carlisle, MA 01741**

Coming in the New Year...Clutter Control!

After the Minuteman/Robbins Brook Luncheon at the FRS on January 4th, Dave Downs will explore ten common reasons that our draws, closets and garages get filled with clutter, and helpful solutions to alleviate the problem. More details in next month's newsletter.



If you have questions on estate planning, elder law or Medicare planning, please call the COA at 978-371-2895 for a free individual session with Attorney Erik Prichard of Brown & Brown, PC in Bedford.